



THE ASSAM GAZETTE

অসাধাৰণ

EXTRAORDINARY

প্ৰাপ্ত কৰ্তৃত্বৰ দ্বাৰা প্ৰকাশিত

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GOVERNMENT OF ASSAM

ORDERS BY THE GOVERNOR

HEALTH & FAMILY WELFARE (B) DEPARTMENT

NOTIFICATION

The 18th August, 2017

No. HLB.506/2016/Pt/42.-

Sub : Modalities for establishment of Yoga Centres in 100 Development Block in the State of Assam.

1. Introduction:

1.1 In today's world, because of the changes in lifestyles, particularly with regard to work, communication, business, travel etc., life has become more complex, competitive and stressful. The incidence of lifestyle diseases has been increasing. In such a backdrop, the relevance of a system like yoga, designed to enhance man's total health and wellbeing, cannot be over emphasised. Yoga is today recognized globally as a holistic system of medicine, healthcare and wellness.

1.2 At the behest of the Hon'ble Prime Minister of India, the United Nations Organization has adopted 21st June as the International Day of Yoga and the international community is celebrating the same with much enthusiasm from 2015 onwards.

2. Budget Announcement 2016-17

2.1 The Finance Minister of Assam announced in his budget speech that to instil better habits for positive health outcomes for the citizens of Assam, Yoga centres would be established in all the blocks and villages of the

state with active participation of the students' community and in close partnership with reputed and dedicated Non- Governmental organizations already working in this field. For the purpose, 100 numbers of Block would be selected in Phase I and Rs 5.00 Lakh each would be spent for establishment of Yoga Centres at the Block level from where dissemination of message and practice of Yoga would be organised.

3. The Assam Yoga Project (Phase I):

- 3.1 100 Blocks have been selected amongst 33 Districts of the State based on population pattern etc.
- 3.2 The proposed model of 100 yoga clusters is expected to provide substantial benefits for enhancement of physical, mental and emotional well-being and amelioration of disorders.
- 3.3 The proposed Yoga Centres will be fully functional with Yoga teachers to impart yoga training to enthusiastic learners. These centers are envisaged as nerve centres for dissemination of Yoga amongst the larger sections of society.

4. Objectives of Assam Yoga Project:

- 4.1 Creation / Development of Yoga Wellness Infrastructure in urban, semi-urban and rural areas in each Block.
- 4.2 Implementation of State specific schemes for creation / development of Yoga wellness infrastructure.
- 4.3 Incentives to the entrepreneurs for excellence in the propagation of Yoga awareness, State level Yoga fest etc.
- 4.4 Popularization of "Yoga for All" by way of holding various competitions/ creative mass campaign.
- 4.5 Increased participation of women and weaker sections in Yoga.
- 4.6 Popularization of Yoga at the grass root level by distribution of yoga mats and other materials to Sports Organizations/Clubs etc. for strengthening yoga activities in the State.
- 4.7 Developing good community service, inculcating quality for social service and volunteerism in youths.

5. Implementation Structure for the Assam Yoga Project (AYP):

5.1 State Level Apex Body (SLAB, AYP):

There shall be a State Level Apex Body (SLAB) to decide on all matters related to the Project. This Committee will consist of the following:

- a. Senior Most Secretary of the Health and Family Welfare Department : Chairperson
- b. Secretary, Health and Family Welfare Department (handling AYUSH) : Member

c. Secretary, Social Welfare Department	: Member
d. Secretary, Panchayat and Rural Development	: Member
e. Secretary, Elementary Education	: Member
f. Secretary, Secondary Education	: Member
g. Secretary, Higher Education	: Member
h. Secretary, Finance	: Member
i. Secretary, Sports and Youth Welfare	: Member
j. Mission Director, SSA	: Member
k. Mission Director, RMSA	: Member
l. Director of Health Services	: Member
m. Two Prominent experts of the field (to be nominated)	: Member.
n. Director, AYUSH	: Member Secretary

5.2 Terms of reference for the Committee:

- All policy level decisions related to the Project will be made through this Committee;
- The Committee will decide on inclusion or otherwise of activities under the scheme;
- The Committee will also decide on District-wise and State-wide allocation of funds for various activities under the project;
- It will finalize the Annual Action Plan for the Project;
- The Committee may from time to time engage experts in the field with an aim to enhance the practice and dissemination of Yoga;
- The Committee may also take up projects at the State level in relation to propagation of Yoga within the state of Assam including setting up of world class institutes etc.;
- The Committee will review the performance of the districts every 6 months and will also review the expenditure of funds allocated to each district;

6. District Level Management Committee on Yoga (DLMCY).

6.3 At the District level, there will be a District Level Management Committee on Yoga (DLMCY) in each district which shall decide on all matters related to the Yoga clusters of the district :

6.2 The District Level Management Committee shall consist of:

- The Additional Deputy Commissioner (Health) of the District : Chairman
- Local MLAs : Member
- District Nodal Officer (AYUSH) : Member.
- BDOs concerned : Member
- Two Yoga experts to be nominated by the Deputy Commissioner : Member.
- Joint Director of Health Services : Member Secretary.

- 6.3 The Committee will be responsible for the execution of the activities as decided by the SLSC, AYP. All funds flow will be ratified by the Committee. The District level committee shall review the activity of the Yoga Blocks of the concerned district monthly in co-ordination with the Executive Committee of the Yoga Blocks.

7. Executive Committee of Yoga Centre:

- 7.1 Each Block Level centre will be run by a committee with the mandate to ensure smooth running of the centre. The yoga training will be strictly in adherence to "Common Yoga Protocol" issued by Ministry of AYUSH, Govt. of India from time to time and other guidelines issued by the Govt. of Assam.

The Committee shall consist of the following:

- | | |
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| a. Medical Officer, In-charge, Block PHC | : Chairman |
| b. Yoga Mitra (In-charge Yoga Centre) | : Member Secretary |
| c. Representative of BDOs | : Member. |

The Deputy Commissioner concerned shall also nominate 5-7 PRI members and leading citizens from various walks of life into the Committee. The Committee members may also incorporate 1-2 local citizens into the committee on need basis.

8. Required Infrastructure:

- Location: To be located in a suitable place with better road connectivity preferably nearby Block PHC or BDO Office. It will be the responsibility of the concerned Deputy Commissioner to ensure that it is housed suitably.
- Building area: A suggestive requirement of 1100 sqft. (450 sqft hall for male, 450 sqft hall for female, 2 toilets of 50 sq ft. each, 2 changing rooms of 50 sqft for male and female, 150 sqft area for office-cum-administration set up).
- Furniture & Equipments etc.

9. Human Resource:

9.1 Resources to be deployed by the selected NGOs/service providers shall be commensurate to the activities and accordingly the Agencies/NGOs would deploy the requisite Resources/trained personnel to administer Yoga training adhering to the "Common Yoga Protocol" issued by the Ministry of AYUSH. The cost towards deployment of resources would be worked out by the Department within the budgetary provisions based on the market/competitive rates.

10. Target Group:

- Students
- ASHA workers, Anganwadi Workers, ANMs
- NCC cadets, Scouts and Guides
- VDP members
- PRI Members, NGO members, Self-help Groups etc.

f. **Members of the public**

Each participant shall register his/her name for yoga training/ practice.

11. Activities to be carried out by the selected Yoga Firms/NGOs at Yoga Centre:

- a. There will be two sessions of yoga related activities in a day (morning session from 6 am to 8 am and evening session from 6pm to 7pm).
- b. The yoga training will strictly adhere to the "Common Yoga Protocol" issued by Ministry of AYUSH, Govt. of India from time to time and other guidelines issued by the Govt. of Assam.
- c. There shall be weekly/monthly symposia/ Gaonsabhas/ discussions on health related issues and awareness to popularise yoga and its health benefits. ASHA, Anganwadi workers, NGO workers, students etc. should be involved.
- d. The Medical Officer-in-charge of Block PHC and Medical Officer (AYUSH) of that jurisdiction shall attend the symposium/discussion/awareness camp and disseminate the benefits of the AYUSH system of treatment etc.
- e. Yoga rally/yoga fest/ inter school yoga competition etc. may be organised.
- f. Setting up of Medicinal Plant Garden at the village level.
- g. The Centre may also take the initiative for manufacturing locally available yoga mats and other apparatus by involving self-help groups to promote local small industries.

12. Activities at the District Level :

The District Level Management Committee shall review the performance of Yoga clusters of concerned district monthly. The DLMCY shall also organize district level programmes to popularize Yoga and AYUSH systems. The DLMCY may organize training/ workshops with the help of reputed yoga training institutes to train the NGO members/Scouts and Guides/NCC cadets/VDP/ASHA workers/Anganwadi workers who in their turn can train other interested persons.

13. Selection of Service Provider:

- 13.1 The Director of AYUSH, Assam shall invite EOI to select the eligible NGOs/Yoga institutes /Yoga firms who are working in this arena to run the Yoga Centres on annual basis. On successful completion of the

contract for initial period of one year and with performance appraisal report, the contract period may be further extended.

13.2 Service Provider (YM) shall only engage the requisite qualified and experienced Yoga Mitra (Male & Female) and Assistant Cum Cleaner in the Yoga Centre.

13.3 The Director of AYUSH, Assam may allocate the Yoga Blocks amongst the qualified Service Providers (YM) in the ratio deemed suitable for smooth running of the Yoga Centres across the State.

14 Initial Fund Involvement:

Rs 5.00 lakhs have been allocated for each centre for the year 2017-18. The fund will be released to the concerned Deputy Commissioner. The Deputy Commissioner has to utilize the funds as per guidelines for infrastructure development & human resource and recurring expenditure and shall submit the utilization certificate to the Director of AYUSH, Assam.

The indicative break-up of the proposed utilization of Rs. 5.00 lakh will be as under:

Sl	Name of item	Approx. amount in Rupees
1	Annual House rent and onetime minor renovation/furnishing /fittings/sign boards of the yoga centre etc.	1,44,000.00
2	Expenditure against Equipment/instrument etc.	50,000.00
3	Out sourcing of Yoga Mitra and Assistant cum cleaner	2,76,000.00
4	Annual Recurring expenditure @ Rs.2500/- PM	30,000.00
Total		5,00,000.00

The total fund for 100 blocks is Rs.5.00 Crore i.e. Rs. 5.00 Lakh per Yoga Block.

15 Publicity and IEC Activities:

The State Level Apex Body (SLAB) shall take measures to give wide publicity to the "Assam Yoga Project" to popularize Yoga at the grassroots level in collaboration with the National Health Mission, Assam, the National AYUSH Mission, Assam and the Department of Sports and Youth Welfare. The DMLC

and the Executive Committee (EC) of Yoga Centre shall also take publicity measures on Yoga in their respective jurisdiction.

IEC material on yoga / big hoardings in public places/ advertisement in print and electronic media/exhibition etc. must be utilized effectively for better publicity. These may be made available centrally from the state or each Yoga block may make use of part of their recurring funds for this purpose.

This issues with the concurrence of Finance (Estt.-A) Department vide their U/O no.365/17 dated 29/06/2017 and concurrence of Finance (EC-III) Department vide their U/O no.615/2017 dated 01/06/2017.

SAMIR K. SINHA,

Principal Secretary to the Government of Assam,
Health & Family Welfare Department.